



Feel better.
Be in control.
Do the things
you want to do.

For Information about
Upcoming Workshops

Contact

Amie

Aging and Disability

Resource Center

of Vilas County

715-479-3625 or

800-374-1123



Put Life Back in Your Life

Are you an adult with an ongoing
health condition?

You'll get the support you need, find
practical ways to deal with pain and
fatigue, discover better nutrition and
exercise choices, understand new
treatment choices, and learn better
ways to talk with your doctor and
family about your health.

If you have conditions such as
diabetes, arthritis, high blood
pressure, heart disease, chronic pain,
or anxiety, the *Living Well* Workshop
can help you take charge of your life.



*"The workshops put me
back in charge of my life,
and I feel great. I only wish
I had done this sooner."*

For Information Call:

Amie Rein
ADRC of Vilas County
715-479-3625 or
1-800-374-1123